



Blueberry smoothie

Ingredients

- 4/5 cup (200ml) of milk (cow or plant milk)
- 3.52 oz (100g) of Almonta Fruit Blueberry&Raspberry
- 2 tsp of honey
- ½ cup (125ml) of blueberries
- Mint leaves

Preparation:

- Pour milk into a bowl, add cream cheese, honey and fruits.
- Blend it to a smooth liquid.
- Add sugar if needed.
- Serve with mint leaves.